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SASKATCHEWAN ROCKERS AIM TO EXCEED EXPECTATIONS WITH FOURTH ALBUM PAGE 9

REGINA metro®

Tuesday, September 4, 2012

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Riders destroy Bombers

Losing streak finally snapped. 52-0 slaying at Labour Day Classic may right season, say fans in the stands

ROB BROWN
rob.brown@metronews.ca

Sunday's 52-0 massacre of Winnipeg may be just what the doctor ordered.

While the Riders nursed a five-game winless streak at the bottom of the CFL's West Division, two meetings with the Bombers — starting with this weekend's Labour Day Classic — is what many in Rider Nation think will turn the season.

"It's a confidence-booster for sure, (especially) with the same team up again, who I don't think will make very many changes," Regina resident Dustin Delpar said after the game.

Saskatoon resident Corey Holowachuk agreed.

"They needed to win that one and they probably need to win the next one too, in terms of having any playoff hopes."

The Riders improved their record to 4-5. Players who needed a big game and performances got them Sunday at Mosaic. Sandro DeAngelis split the uprights nine times, converting five Rider touchdowns and five field goals. Weston Dressler caught a pair of passes for touchdowns from Darian Durant, who was replaced in the third quarter by Drew Willy. Willy made the most of limited time on the field, hitting Terence Jeffers-Harris for a 43-yard major and running one in himself from the goal-line.

When asked about Durant's performance, Holowachuk said he played well.

"I think he had some receivers who came through for him. It seemed like there was good play-calling from him."

Delpar said he doesn't expect the Riders to destroy Winnipeg in the same fashion when they meet up again Sunday. "Beating them by 30 this time would be just fine."

MORE CFL COVERAGE, PAGE 14.

Riders by the numbers

2 Weston Dressler touchdowns

5 Riders with over 30 yards receiving

19 Times Kory Sheets ran the ball

20 Points off the foot of Sandro DeAngelis

Saskatchewan Roughriders running back Kory Sheets runs past Bombers defensive back Brandon Stewart during CFL action in Regina on Sunday. The Riders defeated the Bombers 52-0. LIAM RICHARDS/THE CANADIAN PRESS

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NEWS 1

Having a look under the hood

Fun, food and fancy cars were the order of the day at the Labour Day Show and Shine held at Access Park on Monday. Money from the event went to the Regina Food Bank. ROB BROWN/METRO

U of R welcomes a new crop of students

Orientation. About 1,000 students moved into residences over Labour Day weekend

ROB BROWN
rob.brown@metronews.ca

Students at University of Regina's new student orientation are asking all kinds of questions — from where to find groceries and cheap textbook deals to learning about the dangers of binge drinking.

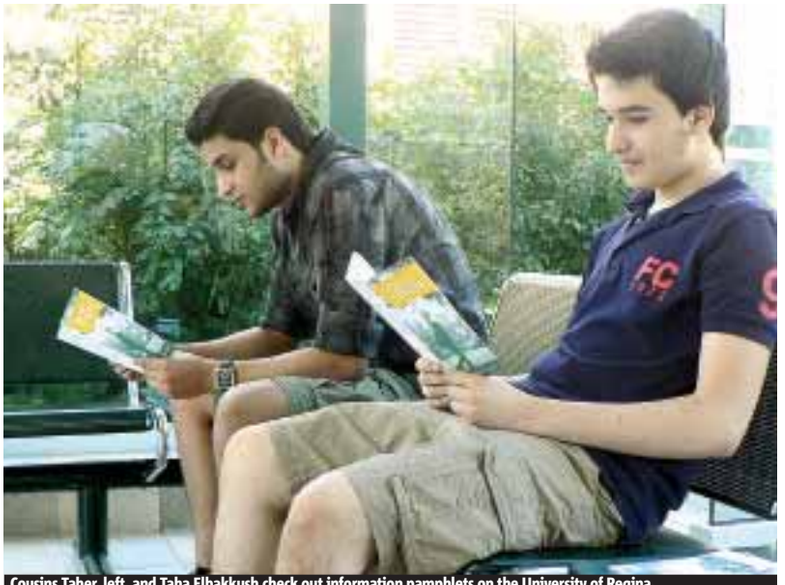
Fifth-year student and residence ambassador Rosa Laverdiere says queries from students still wet-behind-the-ears can range from the everyday to the more serious.

"There is always a certain amount of fear and trepidation," she says, noting that while many students are looking just for directions, there are also more adult concerns.

"We've had seminars on binge drinking and there is counselling available if need be."

Cheryl Lu, a first-year student from Beijing, says she spent much of Monday prepping for classes and looking at bus schedules and routes to learn how to get to and from the university and to find nearby stores.

Approximately 1,000 students moved into residences over Labour Day weekend in preparation for the first day of classes on Wednesday, Sept. 5.



Cousins Taher, left, and Taha Elbakkush check out information pamphlets on the University of Regina. More than 1,000 students moved into the university's residences over the weekend. ROB BROWN/METRO

Quoted

"There is always a certain amount of fear and trepidation." Residence ambassador Rosa Laverdiere

Mobile news

Now your four-legged friend can sweat up a storm by your side thanks to the new trend called dogs-er-cizes. Scan the code to learn more.

Cannabis resin

Explosion leads to drug charges

An explosion in a home in northwest Regina has led to trafficking charges pending against a man and woman.

Police and fire crews responded to reports of an explosion on Aug. 25, and upon arrival noticed indications of drug activity. Police say the explosion was caused by the production of cannabis resin. The man, 30, was sent to the hospital with significant burns. A large quantity of marijuana was seized from the house. Tara Miller, 31, was also charged with producing and trafficking cannabis resin. METRO

Civic election

Candidates, start filing your papers

Beginning Tuesday morning, candidates in Regina's city election can officially file nomination papers. The Oct. 24 vote will elect a mayor and 10 councillors — one from each ward in the city — as well as seven members for each of the Regina Public School Division and Regina Roman Catholic School Division.

The election office is located at 2223 Victoria Ave., in Victoria Square Mall. All nomination forms must be submitted prior to 4 p.m. on Sept. 19. METRO

Cancer ride. Cyclist aiming to raise $100K

Diane Klich was sitting on the fence about whether she was up to the gruelling task of cycling across the country to raise money for childhood cancer research, when she happened to email an old friend who lives in New York City to say happy new year.

The most she had ever cycled then was 60 km, riding at about 20 km/h, and with no fundraising experience the minimum $25,000 pledge to enter the fifth annual Sears National Kids Cancer Ride was equally daunting.

Then her university pal sent a heart-stopping reply: His two-year-old daughter was battling leukemia.

"It was a sign," said the 37-year-old from Toronto. "None of my fears could be as big as theirs were at that moment, so I just decided to sign up. At that moment I applied."

Klich will depart on the 17-day journey from White Rock, B.C., with more than 50 other cyclists from across the country on Wednesday.

Her ambitious goal is to raise $100,000 through donations and in-kind sponsorships. As of last week, she had collected $60,000 in sponsorship money from Metro and another $10,000 in cash donations.

The riders will arrive in Halifax Sept. 21 after completing the 7,000-km journey.

To donate, visit searsnationalkidscancerride.com.

KATE WEBB/METRO IN VANCOUVER

Diane Klich, seen here outside the Telus World of Science in Vancouver, will depart White Rock, B.C., with other cyclists on the 17-day cross-country Sears National Kids Cancer Ride Wednesday. KATE WEBB/METRO IN VANCOUVER

Health. N.S. university steps up fight against student binge-drinking

Underage frosh-goers looking for a buzz stronger than that free-from-home feeling are up against new rules at Acadia University.

Efforts to quash binge drinking at the school in Wolfville, N.S., escalated after the alcohol-related death of a 19-year-old student last September. A comprehensive alcohol policy went into effect this week, as students across Canada ditch the high school label and get their first taste of dorm life.

Acadia banned boozing in dorm rooms during orientation week, prohibited making "trophies" out of empties and put limits on the amount of alcohol a student can stockpile. Students of legal drinking age are allowed to drink in residence, but in designated, supervised lounges.

Residence advisers are authorized to conduct room checks, intervene and issue non-academic infractions if a thirsty student, regardless of age, tries to sneak a sip behind closed doors.

TORSTAR NEWS SERVICE

London

Prince Harry out of hiding after nude-pics scandal

Prince Harry has made his first public appearance since nude photos of him made international headlines. He attended an awards ceremony Monday for the charity WellChild to celebrate the lives of seriously ill children and the doctors who care for them. THE ASSOCIATED PRESS

Ontario

Five rescued from Niagara Gorge on long weekend

Canadian parks police say they rescued five people from the Niagara Gorge during two incidents over the weekend. Two Toronto-area visitors and three men were recovered. The men, who allegedly climbed over a retaining wall, face trespassing charges. THE ASSOCIATED PRESS

The RCMP grounded a protest plane over security fears Monday in Ottawa, provoking censorship accusations from the Public Service Alliance of Canada.
CONTRIBUTED/PSAC

Plane with anti-PM banner grounded

Ottawa. Union accuses Mounties of pulling down aircraft over 'political reasons'

JOE LOFARO
Metro in Ottawa

Quoted

"Had the RCMP been concerned about the plane's potential route, it could have easily communicated with the pilot via radio and sought clarification rather than ordering it back down to the airport."

Press release from the Public Service Alliance of Canada

The RCMP ordered a plane sporting a critical message about Prime Minister Stephen Harper to land at an Ottawa airport Saturday, the Public Service Alliance of Canada (PSAC) said Monday.

The RCMP said officers made a mistake and thought the plane was flying in the restricted zone of Parliament Hill. NAV Canada confirmed Monday the plane did not stray into the restricted area.

RCMP A Division spokesperson Cpl. Lucie Shorey initially denied the federal police force ordered the plane down, but she later contacted Metro saying new information had come to light.

"The RCMP is mandated with protection of Parliament Hill. The plane was perceived to be flying in the restricted airspace," she said. "As such, the RCMP requested the plane to land and we undertook questioning of the pilot involved to determine if there was any threat. It was deemed there was not a threat."

In a press release sent by the union — which represents more than 170,000 workers in the federal public service — a spokesperson said the banner attached to the plane read "StephenHarperNousDeteste.ca," which translates to "StephenHarperHatesUs.ca."

The banner had been flown over Montreal and other Quebec communities over the past two weeks, the release said, as part of the union's "We are all affected" campaign, which is protesting public-service job cuts.

"The PSAC believes that the RCMP terminated the flight for political reasons due to the banner, without taking the proper steps to adequately assess the situation," the release said.

Shorey said the grounding of the plane had nothing to do with the content of the banner it was flying.

Green Mile star Duncan dies at age 54

Michael Clarke Duncan, the prolific character actor who earned an Oscar nomination for his performance as a death-row inmate in The Green Mile, is dead at age 54.

Clarke died Monday morning at Cedars-Sinai Medical Center in Los Angeles, where he was being treated for a heart attack, said his fiancée, reality TV personality Rev. Omarosa Manigault, in a statement released by publicist Joy Fehily.

The muscular, six-foot-four Duncan, a former bodyguard who turned to acting in his 30s, "suffered a myocardial infarction on July 13 and never fully recovered," the statement said. "Manigault is grateful for all of your prayers and asks for privacy at this time. Celebrations of his life, both private and public, will be announced at a later date."

This past spring, Clarke had appeared in a video for PETA, the animal-rights organization, in which he spoke of how much better he felt since becoming a vegetarian three years earlier.

"I cleared out my refrigerator, about $5,000 worth of meat," he said. "I'm a lot healthier than I was when I was eating meat."

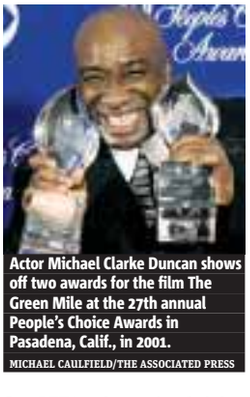
Duncan had a handful of minor roles before The Green Mile brought him an Academy Award nomination for best supporting actor. The 1999 film, based on the Stephen King novel of the same name, starred Tom Hanks as a corrections officer at a penitentiary in the 1930s. Duncan played John Coffey, a convicted murderer with a gentle demeanour and extraordinary healing powers.

His performance caught on with critics and moviegoers and he became a favourite in Hollywood, appearing in several films a year.

Born in Chicago in 1957, Duncan was raised by a single mother whose resistance to his playing football led to his deciding he wanted to become an actor.

By his mid-20s he was in Los Angeles, where he looked for acting parts and became a bodyguard for Will Smith, Jamie Foxx and other stars. The murder of rapper Notorious B.I.G., whom Duncan had been hired to protect before switching assignments, led him to quit his job and pursue acting full-time.

THE ASSOCIATED PRESS



Actor Michael Clarke Duncan shows off two awards for the film The Green Mile at the 27th annual People's Choice Awards in Pasadena, Calif., in 2001.
MICHAEL CAULFIELD/THE ASSOCIATED PRESS

Resumé highlights

- The Green Mile
- Armageddon
- Breakfast of Champions
- The Whole Nine Yards
- Sin City
- Talladega Nights
- School for Scoundrels
- Kung Fu Panda

Dialogue not on Assad's wish list

Syrian conflict.

President Bashar Assad's regime says there will be no talks before rebels are defeated

The Syrian regime said Monday there will be no dialogue with the opposition before the army crushes the rebels, the latest sign that President Bashar Assad is determined to solve the crisis on the battlefield even if many more of his people have to pay with their lives.

The statement comes a day after activists reported that August was the bloodiest month since the uprising began in March 2011.

"There will be no dialogue with the opposition prior to the Syrian army's imposition of security and stability in all parts of the country," Information Minister Omran al-Zoebi told reporters at a news conference in Damascus.

The opposition has long rejected any talks with the regime until Assad is removed from power.

Muhieddine Lathkani, an opposition figure based in Britain, responded to the minister's comments by saying "the key to any dialogue will be the departure of Assad and dismantling of the regime's security agencies that committed all these crimes."

Lathkani told The Associated Press by telephone that after that happens, there could be a dialogue.

Earlier in the day, the new UN envoy to Syria acknowledged that brokering an end to the civil war will be a "very, very difficult" task.

Activists on Sunday said some 5,000 people were killed in August, the highest toll in the 17-month-old uprising and more than three times the monthly average.

At the same time, the UN children's fund, UNICEF, said 1,600 were killed last week alone, also the highest figure for the entire revolt.

The civil war witnessed a major turning point in August when Assad's forces began widely using air power for the first time to try to put down the revolt. The fighting also reached Syria's largest city, Aleppo, which had been relatively quiet for most of the uprising.

THE ASSOCIATED PRESS

Violence continues

In the latest violence on Monday, activists said more than 100 people were killed — many of them in two air raids that knocked out large parts of buildings in the northern province of Aleppo.

- **Air attack.** Government warplanes bombed the town of Al-Bab, killing at least 19 people, and the Aleppo neighbourhood of Myasar, where 10 people, including four children, were killed.

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Turks protest recent killings

Thousands of protesters took to the streets in Ankara, Turkey, on Sunday to condemn terrorism. A Turkish official said Kurdish rebels have attacked security posts in the town of Beytussebap, Turkey, near the border with Iraq late Sunday, killing nine security personnel. THE ASSOCIATED PRESS

Raid

Indonesia tackles separatists

Indonesian police have arrested a suspected separatist leader and two aides in a raid in the eastern province of Papua.

THE ASSOCIATED PRESS

Uranium enrichment

Foreign leader gets tour of Iranian plant

Iran on Monday gave Mongolia's president a tour of its main uranium enrichment plant, the first time that it has opened the site to a foreign leader.

THE ASSOCIATED PRESS

Middle East

Church faces trouble in Bahrain

The building of the largest Roman Catholic church in the Gulf was supposed to be a chance for the tiny island kingdom of Bahrain to showcase its traditions of religious tolerance in a conservative Muslim region where churches largely operate under heavy limitations.

But hardline Sunni clerics have strongly opposed the construction of the church complex, in a rare open challenge of the country's Sunni king. More than 70 clerics signed a petition last week saying it was forbidden to build churches in the Arabian Peninsula, the birthplace of Islam.

THE ASSOCIATED PRESS

Romney's vision like watching TV in black and white: Obama

Working it. Democrats deliver economic message in key swing state; Republicans characterize Obama as a failed president

U.S. President Barack Obama waves to supporters after speaking at a campaign event at Scott High School, Monday, in Toledo, Ohio.
TONY DEJAK/THE ASSOCIATED PRESS

Barack Obama on Monday laid out the theme his party will hammer home at the Democratic National convention this week, declaring that Republican challenger Mitt Romney wants to lead the U.S. with failed and outdated ideas that harken to the last century.

Obama was speaking in a pre-convention campaign swing to members of the United Auto Workers Union in Toledo, a city like many in Ohio where the economy is heavily dependent on the auto industry. Obama injected that industry with huge amounts of government money in the earliest days of his administration, preventing General Motors and Chrysler Corp. from likely going out of business and laying off more than one million workers.

Romney opposed the auto bailout and accuses Obama of profligate government spending that Republicans contend has done little to lift the country out of the economic morass after the Great Recession and near meltdown of the country's financial system, events that date to the presidency of Republican President George W. Bush.

The Republicans showed their political arguments last week during their convention in Tampa, Fla., where Romney was officially nominated. The theme of that gathering: Obama is a failed president.

The Democrats are fighting back. Obama said on Monday that watching the Republicans was like seeing an old television program in black and white.

Ohio is perhaps the most critical state for both candidates on Nov. 6, Election Day. It is one of seven so-called swing states, which will determine the outcome of the vote. Those states do not reliably vote for the presidential candidate of one party or the other.

As Obama issued a rousing call for the support of working men and women on Labour Day, his campaign surrogates were trying to put their economic message back in positive territory.

The campaign was trying to recoup after a weekend in which key Democrats acknowledge Republican claims that Americans are not better off four years after the president swept into the White House on a message of hope and change.

From Toledo, Obama planned to travel to Louisiana to meet emergency personnel who have been labouring to restore power and tend to thousands of evacuees from flooded lands in the aftermath of Hurricane Isaac last week.

Romney, meanwhile, said the Labour Day holiday marked "another day of worrying" for too many Americans anxious about finding a job.

Romney hit the economic theme hard in a statement marking Labour Day as "a chance to celebrate the strong American work ethic" adding: "For far too many Americans, today is another day of worrying when their next paycheque will come."

Obama's backers were up early to try a morning do-over of his supporters' less-than-rosy answers Sunday when asked to answer the classic campaign question: Are Americans better off than they were four years ago?

"Absolutely," said Stephanie Cutter, Obama's deputy campaign manager, speaking on NBC television. "By any measure the country has moved forward over the last four years. It might not be as fast as some people would've hoped. The president agrees with that."

Martin O'Malley, Maryland's Democratic governor, had answered the same question with a "no" on Sunday before turning the blame to Bush. Appearing Monday on CNN, O'Malley tried a more positive turn of phrase, saying, "We are clearly better off as a country because we're now creating jobs rather than losing them. But we have not recovered all that we lost in the Bush recession. That's why we need to continue to move forward" under Obama.

THE ASSOCIATED PRESS

According to the pollsters

Polls show the close race between two candidates with polar-opposite political philosophies, especially on the economy, depends on who can convince a majority of voters they can lead the U.S. out of the stubborn economic doldrums, a weak recovery from the recession and 8.3 per cent unemployment.

- Those polls show most Americans continue to fault Obama's predecessor, George W. Bush, as author of the economic malaise.
- But most Republicans blame Obama for failing to turn things around during his first term.
- Romney, polls show, is favoured as the best candidate to handle the economy, although Obama is seen as the more likable choice.

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Labour Day parade promotes union solidarity

'Unite Against Austerity'. Ontario's teachers, public-sector workers march against new legislation

Thousands of people took to the streets in downtown Toronto on Monday to celebrate in annual Labour Day festivities.

The theme of this year's march and rally was "Unite Against Austerity" and brought together members from various unions across the province.

Parade organizer John Cartwright said it was important for workers to send the message that they will not accept an austerity agenda from the provincial government.

"People are here to express their anger," said Cartwright, president of the Toronto and York Region Labour Council.

"The politicians are happy to give billions in corporate tax cuts and say to ordinary people, 'You have to tighten your belts' while the rich are getting richer everyday."

In the past few weeks, Ontario's teachers have been in a labour dispute with the provincial government over new legislation that will freeze their wages for at least two years.

The Liberals have also warned that other public-sector workers may also face a similar fate.

Cartwright said the large turnout was a signal that the labour movement is still going strong in Canada.

"This is a day about unions and our roles in society," he said.

"It's the labour movement that have taken poverty wage jobs in manufacturing, construction and elsewhere and turned them into decent jobs where people can raise a family on. That's our historical role in society."

The rich get richer

"The politicians are happy to give billions in corporate tax cuts and say to ordinary people, 'You have to tighten your belts.'"

John Cartwright, parade organizer and president of the Toronto and York Region Labour Council

Those taking part in the parade included members of the Ontario Federation of Labour, Canadian Auto Workers, Canadian Union of Public Employees, and federal and provincial New Democrats.

Federal NDP Leader Thomas Mulcair was seen marching through the crowd.

"Today, we march in solidarity with our brothers and sisters and we dedicate ourselves to build, in Canada, a more responsible economy where no one is left behind," he said in a statement.

Teachers, paramedics, firefighters and energy workers were among those making appearances.

Many were dressed in their union colours, waving flags and carrying placards.

Some people marched, danced and bands could be heard playing up and down the four-kilometre-long parade route.

Labour day events were also scheduled in several other locations across the country.

For more than a century, Labour Day has been celebrated on the first Monday of September each year.

THE CANADIAN PRESS

Education. Students give teachers failing grade at some career colleges

Complaints filed by students about some private career colleges allege that harassment from teachers, inadequate instruction and lack of proper equipment are hurting the quality of education at these increasingly popular institutions.

"The teacher is very degrading and belittling of her students on a daily basis," reads a complaint from a student at Everest College's Mississauga, Ont., campus.

Among the complaints are numerous allegations that instructors behaved unprofessionally or lacked knowledge.

There are also claims that some schools didn't have the equipment needed for certain training programs and that instructors at several institutions didn't provide the amount of instruction time promised.

The documents, obtained by The Canadian Press through a freedom-of-information request, outline 47 formal complaints made by students to Ontario's Ministry of Training, Colleges and Universities in 2010 and 2011.

The bulk of the complaints — about 36 per cent — were about Everest College, which has some 5,000 students and operates 16 campuses in the province. THE CANADIAN PRESS

Registered students

- There are more than 67,000 students attending registered private career colleges in Ontario, according to the provincial government.
- In B.C., some 50,000 students are enrolled in registered private career colleges; Nova Scotia has just over 3,000 students attending such schools.

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Piracy. Cambodia arrests file-sharing site founder at Sweden's request

A co-founder of popular file-sharing website The Pirate Bay was arrested in Cambodia at the request of Sweden, where he faces a one-year prison term for violating copyright laws, authorities said Monday.

Cambodian authorities arrested Gottfrid Svartholm Warg on Thursday at a home he had rented in the capital, Phnom Penh, said national police spokesman Kirth Chantharith.

"He is being detained in Cambodia and we are waiting to expel him," Chantharith said.

Cambodia has no extradition treaty with Sweden but has requested details of Svartholm Warg's crime in order to process his handover, he said, adding that Cambodia would act as quickly as possible.

Svartholm Warg and the site's three other founders were convicted in 2009 by a Swedish court of assisting copyright infringement by helping millions of the site's users to illegally download music, movies and computer games.

All were sentenced to one year in prison and ordered to pay 30 million kronor ($3.6 million US) to entertainment companies, including Warner Bros., Sony Music Entertainment, EMI and Columbia Pictures.

Svartholm Warg failed to show up at an appeal hearing in 2010.

THE ASSOCIATED PRESS

Spain. $125B rescue package will be plenty to help ailing banks: Economy minister

Spain's ailing banks won't likely need to tap all the 100 billion euros ($125.7 billion) that's been made available by the country's euro partners, Economy Minister Luis de Guindos said Monday.

In a further indication that Spain's economic problems are not as acute as some in the markets have been fearing, De Guindos also insisted that no additional austerity measures will be needed to meet the Spanish government's deficit-reduction target. Spain is battling to avoid the same bailout fate as Greece, Ireland, Portugal and Cyprus.

However, De Guindos said Spain's most troubled bank, Bankia, will get urgent aid, while two indebted Spanish regions appealed for emergency funding to deal with a crippling liquidity crunch. Spain's banks have an estimated 184 billion euros in problematic real estate loans and investments following the collapse of the country's property market in 2008.

THE ASSOCIATED PRESS

Murdoch protege in court

Rebekah Brooks, former chief executive of News International, arrives at Westminster Magistrates Court in London on Monday. The Rupert Murdoch protege has been formally charged with conspiring to hack into the phones of hundreds of well-known people and their associates. Brooks, who quit her position when the phone-hacking scandal exploded last year, has vowed to fight the charges.

SANG TAN/THE ASSOCIATED PRESS

Sweden

Hackers jam government, military websites

Swedish government websites were jammed by hackers for hours Monday, with some supporters of WikiLeaks founder Julian Assange claiming responsibility on Twitter.

The websites of the Swedish government, armed forces and the Swedish Institute experienced problems.

Niklas Englund, head of digital media at the Swedish Armed Forces, said it was unclear who was behind the so-called denial-of-service attacks, in which websites are overwhelmed with bogus traffic.

THE ASSOCIATED PRESS

Kenya

Nearly 280,000 teachers strike

Union organizers say nearly 280,000 teachers in Kenya are staying away from work to demand long overdue pay raises, paralyzing resumption of classes after holidays.

Wilson Sossion, chairman of the Kenya National Union of Teachers, said Monday that its 240,000 members did not report to work, responding to a call to strike by the union.

And AKelo Misori, the secretary general of the Kenya Union of Post Primary Education Teachers, said its 38,000 members had not shown up for work on Monday.

THE ASSOCIATED PRESS

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SUMMER BUMMER — THE SEASON THAT CAME AND WENT TOO SOON

SHE SAYS...
Jessica Napier
metronews.ca

They say that the third Monday in January is technically the most depressing day of the year. Of course, Blue Monday is actually just the result of a pseudo-scientific equation devised for a travel company as a way to sell post-holiday getaway packages. Personally, I think today, the Tuesday immediately following Labour Day, might have Blue Monday beat on the gloom-o-meter. Let's call it, 'Weep all over your Keyboard Tuesday.'

Every year, the Labour Day long weekend comes and goes as a bittersweet farewell to summer. After a three-day final hurrah, it's time to roll up those picnic blankets, stow away the denim shorts and wake up from our collective summer dream that has filled the past few months with warm breezes and cool cocktails.

Stuff your knapsack

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and thanksgiving. There is a shift in the atmosphere right now — the world is getting a little more serious as the rat race begins again.

Even though most of us haven't seen the inside of a classroom in years, September will always feel like back-to-school time. A period of new beginnings, freshly sharpened pencils and pristine, blank Hilroy notebooks. Wait, do kids still use notebooks? Am I dating myself here?

The majority of individuals entering college for the first time this September were born in 1994. I know, as someone who is still under 30 I'm not technically allowed to feel old, but that fact makes me feel relatively archaic.

But I digress.

Back-to-school isn't just one day; it's a month-long season stretching out between the end of summer and Thanksgiving. There is a shift in the atmosphere right now — the world is getting a little more serious as the rat race begins again.

Today, you will return to normality and have the same water-cooler conversation over and over again about how quickly the summer flew by. Rationally, we all know it came and went in the exact same number of days and hours that it always has, but our collective groaning and post-Labour Day dialogue is just part of the grieving process.

In the spirit of back-to-school shopping and commerce-curing emotional anguish, I felt compelled to shop for a fresh new outfit. I tried to cheer myself up with a back-to-work ensemble, but all the burgundies and browns and classroom-themed window displays sent me running back to my wardrobe to clutch my floral dresses in despair. I can't let go, it's too soon.

As the vitamin D deprivation sets in, I will try my hardest to get excited for pumpkin spice lattes and apple picking, but I know that part of me will always be yearning for humid air and endless daylight.

I guess we would never appreciate the warmth of summer without the cool breeze of fall.

A post-Labour Day groan underpins many conversations starting today.
DOMINIC LIPINSKI/THE ASSOCIATED PRESS

Another prince makes headlines

GETTY IMAGES PHOTOS

Don't look down

Duke of York takes a stroll

After Prince Harry's adventures in Vegas, another member of the royal family gets into trouble.

At least Prince Andrew had chosen to be a spectacle, with this daring abseil down London's Shard — the tallest building in Europe.

The daredevil Duke of York performed the stunt for educational charity The Outward Bound Trust, along with Ffion Hague — a fellow trustee and wife of the foreign minister — and several other participants.

Former pilot Andrew revealed he had the Queen's approval.

METRO

All smiles: Prince conquers Shard

Royal stunts

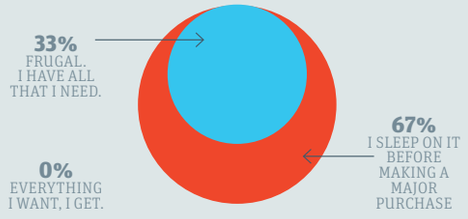
Andrew not the only thrill-seeker

- **Prince William.** Harry's brother landed a helicopter in his girlfriend's garden in 2008. The army described it as "sheer stupidity."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's your shopping style?



Twitter

@Keith_Dowler: Gave up on #BlueBombers. Drinking #Riders Koolaid now. #LabourDayWknd #Regina #FireMack

@pinkndabrain: #AmberAlert @Wpg_BlueBombers are a no show to #LDC If found please send to #Regina. #CFL

@RossRomaniuk: Leaving my old home town once again. And just like every other visit, a bit of my heart is staying. #Regina #LDC2012 #Bombers #Roughriders

@carolynebraid: Loving the tips of radar coming in from those who escaped #regina before us! Drive safe people #gongshow #labourday-classic

@JM_Kilgour: Hey #regina, you need more cabs!

metro
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DVD reviews

The Five-Year Engagement

Director. Nicholas Stoller

Stars. Jason Segel, Emily Blunt

●●●○○

The Five-Year Engagement pairs actors Jason Segel and Emily Blunt in a believable story about how fate and career choices can get in the way of best-laid plans, including marriage. Director Nicholas Stoller guided Segel in Forgetting Sarah Marshall and shares writing credits with him here. But it's producer Judd Apatow who keeps this frothy film from hitting it out of the rom-com ballpark. To Apatow, any joke worth doing is worth doing two or three times. You like that karaoke scene where the moron pal sings off-key embarrassing stuff? Get ready to see versions of it again and again. Engagement has a few good laughs and some home truths about the difficulties of maintaining personal relationships. Segel and Blunt are convincing as star-crossed lovers Tom and Violet. It's particularly good to see Rhys Ifans cast against type as Violet's reptilian boss. Now if only Apatow had a pair of scissors.

PETER HOWELL

Safe

Director. Boaz Yakin

Stars. Jason Statham, Catherine Chan

●●●○○

After charming and inspiring multiplex hordes with his Uptown Girls and Remember the Titans, writer/director Boaz Yakin goes darker with the genre flick Safe. Luke Wright (Jason Statham) meets 11-year-old Chinese math whiz Mei (new face Catherine Chan) in the subways beneath Manhattan's gritty streets. Mei's on the run from evil Chinese gangsters who kidnapped her to use her as a human computer. She's also fleeing rival Russian mobsters and corrupt NYPD cops. What a coincidence. Tight-lipped Luke is hot-footing it from the same Russians and soon will be evading the Chinese baddies, too. Don't look for much of a story in this actioner.

PETER HOWELL

The Sheepdogs recorded their latest material in Nashville. GETTY IMAGES

Sheepdogs don't stop at Rolling Stone cover

New album.
Saskatchewan rockers release fourth album and cast their eyes to a southern invasion

IAN GORMELY
scene@metronews.ca

With all due respect to Dr. Hook, there's far more to the Sheepdogs than a picture on the cover of the Rolling Stone.

The Saskatoon rockers hope to meet — or, says lead singer and guitarist Ewan Currie, exceed — expectations of the band with their new self-titled album.

While the quartet have exploded at home in Canada, in the U.S., they're still just that band who won a fan-voted contest that landed them the cover of the venerable magazine.

"Like, who are these guys, some American Idol thing?" jokes Curries of the band's image down South. "But I'm fully confident that we can back it up."

As he should be. The band's latest album, their fourth, was produced by the Black Keys' drummer Patrick Carney and marks a great leap forward for them, stepping out from behind their influences to showcase their tremendous sense of pop song craft.

The band met Carney at a festival in New York last year, and from the get-go it was clear that the drummer was looking beyond a cursory meet and greet.

"He was very interested to know what we were going to do for our next album," recalls Currie.

"It was more than a casual question.

"I was like, 'Why are you so invested.'"

Never one to look a gift horse in the mouth, the band asked Carney if he was interested in producing their follow up to 2010's Learn and Burn. At first Carney declined due to scheduling conflicts, until a two-week window opened up this past January.

The band quickly assembled the material they had and headed to Nashville to record.

"It was as rushed, as is everything else we've done in the last year and a half, but I don't think we felt like we made it under any sort of duress," says Currie.

"You could crumble under that pressure or you could let it galvanize you. And that's what we did."

Penning tunes

Old is new again

Since the Rolling Stone cover contest, the Sheepdogs have been on a whirlwind schedule of gigs, appearances and press commitments, leaving them little time to write. Currie would demo new material on his laptop and then send tracks to Carney for feedback. The band brought several older songs to the sessions including the track Never Gonna Get My Love, which the band originally recorded four years ago but never released.

SCENE 2

On the web

Pearl Jam closes Made in America festival with help from Jay-Z; Drake, Run DMC also perform.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Crowe gets a little coast guard help on kayak excursion

Russell Crowe got an assist from the U.S. Coast Guard while kayaking off the coast of Long Island over the weekend when nightfall forced Crowe and a pal to come ashore 15 kilometres east of where they'd set out, according to the Associated Press. "It wasn't really a rescue. Really, more of just giving someone a lift," says Coast Guard officer Robert Swieciki, who heard Crowe yelling around 10 p.m.

Twitter

@ParisHilton
Fun #GirlsNightOut at M2 in #Shanghai last night! #Models&Bottles ;)

@BetteMidler
Made @juliachilds clafoutis w/our own blueberries. Looks-3, taste 10. Ate it all. Rolling in my sleep.

@billmaher
Leaving Leno taping — still fun to do the Tonight Show after all those years; but will I watch it tonight? I never watch myself!

@BobNewhart
Performing standup is a narcotic that I need — even if I do it a few times a year. Traveling is inconvenient but worth it to make people laugh

Obama's still a fan of Clint Eastwood after GOP convention ribbing

Pundits may be scratching their heads after Clint Eastwood's bizarre rant against President Barack Obama at the Republican National Convention, but the U.S. President himself isn't mad at the famous actor and director. "I am a huge Clint Eastwood fan," Obama told USA Today. "He is a great actor and an even better director. I think the last few movies that he's made have been terrific." And as for whether he found Eastwood's remarks offensive?

"One thing about being president or running for president — if you're easily offended, you should probably choose another profession," Obama says.

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Check Metro every Friday for the top 3 sharers of the week
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The Word

Klum's spurned ex won't keep lips 'sealed'

When photos surfaced of Heidi Klum vacationing with her bodyguard, Martin Kristen, in Italy over the weekend, it didn't quite look like anyone was on the clock. Klum's ex-husband, Seal, was more than happy to confirm the rumors.

"I would have preferred Heidi show a little bit more class and at least wait until we separated first before deciding to fornicate with the help, as it were," the singer told TMZ when asked for a comment on the photos, which show Kristen and Klum with their arms around each other.

"But I guess you now all have the answer that you've been looking for for the past seven months."

Usually, we'd feel gross still talking about a couple who separated almost eight months ago, but you'll remember that these two made us watch as they renewed their vows every year. Plus, they have "help" to "fornicate" with — they'll be OK.

Kylie Minogue GETTY IMAGES

Kylie Minogue loves the glamour that comes with fame

Kylie Minogue has been at the pop star business for a while, but she's never gotten used to some of the trappings of fame — like limousines. "I find them embarrassing," she tells the Independent. "I'm like, 'Please don't send a limousine!'" Minogue admits that being famous has given her the chance to work out whatever glam desires she may have. "I love to have this glamorous life sometimes, and if I didn't have any of that, I would probably be dressing up a bit more each day or going out on the weekend and making a real effort. But I get to live out those fantasies on stage, in videos or photo shoots."

British beautician gives some insider info on the royal jewels

If photos of Prince Harry's wild naked party in Las Vegas last month aren't enough, British beautician Carrie Reichert is more than happy to share some details of that wild night. Reichert was invited up to the prince's suite along with nine other women for the evening's festivities, she reveals in an interview with Britain's the People. "Harry was already undressed. It was just crazy. He looked actually delirious," she remembers. "He would just randomly walk up to you and hug you. He was just really friendly and there were just really random naked hugs. It was funny."

New blog

Editor aims to lose half of herself

Metro Winnipeg Managing Editor Elisha Dacey.
BERNICE PONTNAILLA/METRO

Two hundred ninety-five.

Spelling it out makes it seem even worse. Either way, 295 is the scariest number I've ever written.

It's the number my little white scale flashed at me the last time I stepped on it. I think I heard it sigh in relief when I stepped off. Or, it could have been my knees creaking. Hard to tell.

When I pitched this idea to my boss, I never thought about the fact that this number was going to be out there. Across Canada. Across the Internet. The judgment that number sets me up for scares me.

Today, I aim to become less of myself. Because they make you pick a number, mine is 145 pounds – or, half the weight I am today.

My tools: An online subscription to Weight-Watchers.ca after my doctor recommended it, a blog that will run twice a week on Metronews.ca, and my running shoes. Which have never been used for actual running and never will, because running sucks.

I will eat real food. I'm doing this the right way, because I don't ever want to do this again. Also, because I'd rather die than give up chocolate.

Join me, because if I, a workaholic mother and wife can do it, so can you.

ELISHA DACEY'S BLOG, HALF OFF, WILL RUN EVERY TUESDAY AND FRIDAY ON METRONEWS.CA.

Doctors are considering new methods of treating cancer in which each specific case is treated uniquely based on its characteristics. ISTOCK

Cancer care unequal around the globe

Research. World Congress considers unique treatment of each patient, and the state of global cancer research

CELIA MILNE
life@metronews.ca

Not all cancer care is created equal.

That was one of the resounding messages from last week's World Cancer Congress in Montreal, which brought together more than 2,000 cancer experts from around the globe.

"We have made great strides in cancer control," Canadian expert Dr. Elizabeth Eisenhauer told Metro. "But contrast this with places where people are dying of cancer without any pain medication."

Eisenhauer was one of the speakers at the Congress. She is the director of oncology at Queen's University and Kingston General Hospital, and co-chair of the Canadian Cancer Research Alliance.

Right now in cancer research, there is a lot of buzz about identifying groups of patients that will benefit from certain medications based on their pathology results. An example of this is in breast cancer, where about 20 to 25 per cent of patients qualify for cancer drug Herceptin because their cancer is HER-2 positive.

The next frontier — which Eisenhauer says is still a long way away — is to be able to treat each patient uniquely. So while cancer treatment is getting more precise, it's not yet personalized. "What people are getting excited about is taking the tumour and doing genetic sequencing and finding drugs for those five or 10 mutations that are unique to that individual," she says.

While wealthy countries reported great scientific progress, the news from poor countries was sobering.

"Even though there is lots to be done in cancer control in Canada, there is much more to be done globally. There is a lot of suffering that doesn't happen here."

Best Health. Canada's Jamie Oliver lives in Stratford, Ont.

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know Canada has its very own crusader for getting kids to eat healthier?

His name is Paul Finkelstein, and his delicious, easy recipes are featured in every issue of Best Health magazine. In our September issue, on newsstands now, we have a feature article by Erin Phelan about this innovative high-school teacher and chef based at Northwestern Secondary School in Stratford, Ont.

So what exactly is Paul doing to improve school nutrition?

As part of his culinary arts program, he has created the student-run — and student-named — Screaming Avocado cafe.

His students create healthy lunch choices that will appeal to kids when they're deciding what to eat for lunch: dishes like Pulled Pork on Homemade Ciabatta, and Seafood & Chicken Paella.

Meals cost just $3 or less, which is healthy competition for the burgers and fries sold at the cafeteria down the hall. "If you give kids a healthy choice, many of them will take it," says Paul.

His model is getting the attention of educators across Canada, including in Souris, PEI, where famed chef Michael Smith is creating a similar culinary arts program in a new school that will house a state-of-the-art kitchen, and a greenhouse.

"Paul proves that nutritional literacy belongs in schools, and when it is, kids thrive" says Smith.

Canada is the only G8 country without a national school meal program. Nearly a quarter of Canadian kids aged two 2 to 17 are overweight or obese, according to Active Healthy Kids Canada. And, says the Canadian branch of the Centre for Science in the Public Interest, "School meal programs help boost rates of attendance and graduation, improve performance, reduce behavioral problems and help form life-long eating patterns that can lead to longer, disability-free lives."

There would also be an economic impact. A Queen's University study found that the combined cost of physical inactivity and obesity is close to $10 billion, or nearly five per cent of total health-care costs.

To read more about Paul Finkelstein's innovative school food program, see our September issue, on newsstands now.

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On the Web

'Not without my iPad': Young tech-savvy docs want a real life, but don't call them slackers

Chicken shows cheesy side

ROSE REISMAN
for more, visit
rosereisman.com

I initially created this recipe for white fish. I then tried the delicious topping over a grain. Now I've found it works well with chicken. For the Chicken with Plum Tomatoes and Three Cheeses, use a variety of cheeses of your choice. But be sure to include some stronger-tasting ones.

This recipe serves six. RYAN SZULC FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 3/4 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 1/3 cups diced plum tomatoes
- 1/2 cup shredded havarti
- 1/4 cup crumbled goat cheese (about 1 oz)
- 2 tbsp grated Parmesan cheese
- 1/4 cup finely chopped black olives
- 1 tsp finely chopped garlic
- 1 tsp dried basil
- 3 tbsp chopped fresh parsley

1. Preheat oven to 425 F. Lightly coat a 9- x 13-inch casserole dish with cooking spray.

2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to a 2-inch thickness.

3. Beat egg and milk in shallow bowl. Place bread crumbs on a separate plate or shallow dish.

4. Lightly coat skillet with cooking spray add oil and place over medium-high heat. Dip each flattened chicken breast into the egg mix, then coat in bread crumbs. Cook 3 mins. per side or until browned and almost cooked through. Transfer to prepared casserole dish.

5. Combine tomatoes, havarti, goat and Parmesan cheeses, olives, garlic and dried basil in a bowl. Spoon over chicken breasts. Cover and bake 10 minutes or until cheese melts and chicken is done (has reached an internal temperature of 165 F). Garnish with fresh parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Tea-Coffee Smack down

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's in your hands right now? Are you sipping North America's morning sweetheart: coffee? Or a nice cup of the tea that most of the rest of the world enjoys?

There are benefits to both, but cutting down the coffee and stepping up the tea may just make you healthier.

Here's how:

Tim Hortons small coffee (100 mg caffeine) vs small tea (60 mg caffeine)

It is recommended that you get no more than 300 mg of caffeine each day. That means you can have five small cups of tea and only three small cups of coffee each day.

Cream for small coffee (40 calories) vs. milk for small tea (15 calories)

Chances are you will drink your tea with milk and not cream.

Switch just one of your cups of coffee with cream to tea with milk for a whole year and save yourself 9,125 calories.

That represents 2.6 pounds per year. You could stand to lose 2.6 pounds this year without any work at all, right?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Give stir-fry big, bold taste of lemon grass

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Two 4-inch pieces lemon grass, lightly crushed with a meat mallet or rolling pin
- 1/4 cup canola oil, plus 2 tbsp
- 1/2 cup white wine
- 1/2 tbsp whole peppercorns
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp dry ginger
- 3 boneless, skinless chicken breasts (about 1 1/2 pounds), cut into 1-inch chunks
- 3 cups broccoli florets
- 2 red bell peppers, cored and cut into strips
- 1 tbsp cornstarch
- 1/4 cup cool water
- Rice or egg noodles, to serve

1. In small saucepan over medium-low heat, combine lemon grass, 1/4 cup of canola oil and the wine. Heat to low simmer, then set aside to cool to room temperature.

2. In spice grinder, combine peppercorns, salt, garlic powder, cumin and ginger. Grind until reduced to fine powder. Stir into the oil and lemon grass mixture, then transfer entire thing to large bowl. Add chicken, toss to coat, then refrigerate for at least 1 hour.

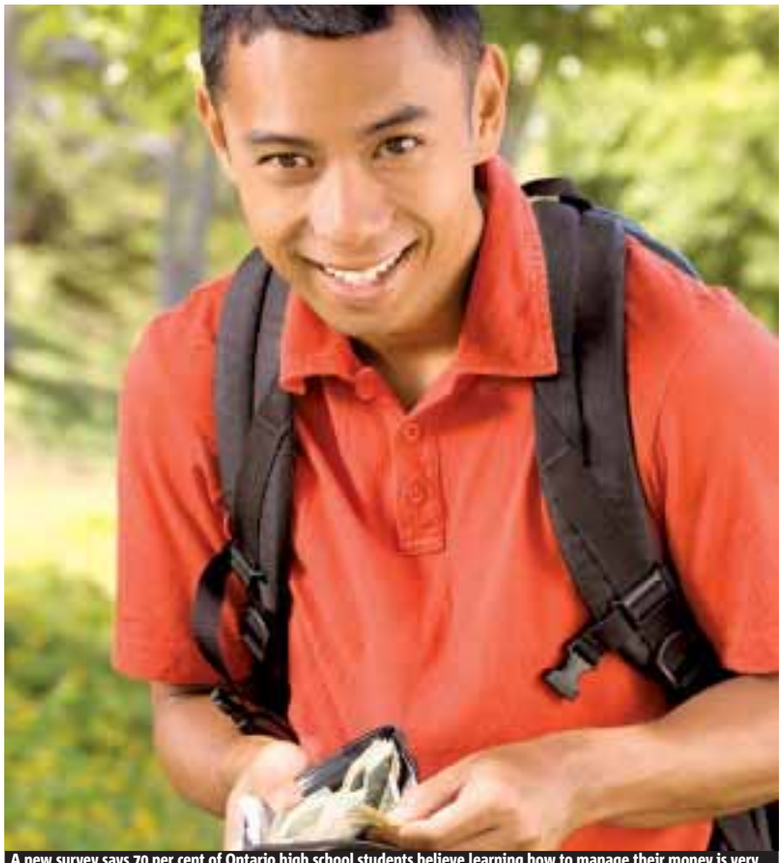
3. When ready to cook, heat wok or large, deep sauté pan over medium-high. Add remaining 2 tablespoons of canola oil and heat until nearly smoking. Add the broccoli and red peppers and sauté until just starting to brown, about 5 to 6 minutes. Use a slotted spoon to transfer the vegetables to a plate.

4. Discard lemon grass from chicken, then add chicken to pan, reserving marinade in the bowl. Cook until starting to brown, about 10 minutes.

5. Add marinade from bowl to wok and bring to a boil. Cook for 2 minutes.

6. In glass, mix cornstarch and water, then add to pan. Cook until sauce thickens, about another 2 minutes.

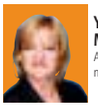
7. Return vegetables to pan and toss to coat. Season with salt and pepper. Serve over rice or noodles. THE ASSOCIATED PRES



A new survey says 70 per cent of Ontario high school students believe learning how to manage their money is very important. ISTOCK IMAGES

Is the next generation prepared to manage their finances?

Alison's Money Rule. The cure for a financially sick society is raising money-smart kids



YOUR MONEY
Alison Griffiths
money@metronews.ca

News flash! They care. They really care! I'm talking about teens and money. And no, it's not just about having it and spending it. Teens, as it turns out, are deeply interested in becoming financially literate. Perhaps the high school generation is learning by bad example.

Their parents and grandparents have managed to become the most indebted Canadians ever, owing $153 for every $100 of disposable income. This state of affairs is a leading cause of stress and stress doesn't make for happy families.

According to a new survey released by the non-profit Investor Education Fund (getsmarteraboutmoney.ca), 70 per cent of Ontario high school students believe that learning how to manage money is important or very important. And here's the key statistic, 69 per cent believe that personal finance should be taught in schools, a 12 per cent jump from 2009.

Teaching personal finance as a distinct course of study from elementary through to high school is critical. In fact, I think the future health of Canada depends on it as financial lives become ever more complex.

We're on the verge of transition to an e-pay society, which widens the distance between our money and us, just as credit and debit cards did when introduced in the 1950s and 1970s respectively.

Financial contracts are complicated, investment jargon buffaloes most people and pension options will only get more difficult to understand as corporations and governments retreat from the defined benefit pension plans of the boomer generation.

In numbers

25%

Only 25% of students say their school provides them with most of the personal finance lessons they need.

In other words, as the 21st century matures our teens will have to get it right. But they feel they lack the tools. Only 40 per cent of high school students believe they're prepared to manage their finances after graduation.

And it is deeply concerning that 70 per cent of them aren't saving for post-secondary studies. Parents may not be able to change the curriculum in schools tomorrow but inspirefinanciallearning.ca has some great lesson plans for grade four through 12, which can be adapted at home.

Take your teens in hand financially; they will thank you for it.

Author Dana Adam Shapiro. HANDOUT

Valuable lessons from divorcees

Reading. You Can Be Right or You Can Be Married offers a look at some people who've had their marriages fall apart

HEIDI PATALANO
Metro New York

The Dana Adam Shapiro of a few years ago would not have ordered a steak while out on a first date with a vegetarian.

But after spending years interviewing divorcees for his new book You Can Be Right or You Can Be Married (on sale Tuesday), the Shapiro who ordered the juicy slab of meat was a changed man.

"That was a very tangible effect of the book," he admits. "So much of the dating process is theatrical. ... You're sort of auditioning, and when you're doing so you're not really being yourself. ... The inevitability is that your real self is going to come through, so you better do it sooner rather than later."

This is just one of the lessons the author took away in the writing of his book. He interviewed dozens of anonymous divorcees who offered unvarnished accounts of their own heartbreak. From there, he extracted a few near-universal truths that he offers to Metro readers:

1. Cheating happens because of complacency: "(Divorce happens when) people aren't putting that effort in any more," Shapiro observes. "That's probably the worst thing you can do. You really do just have to re-earn it all the time."

2. We often expect problems to solve themselves: "One woman said to me, 'A man marries a woman hoping that she won't change and a woman marries a man hoping he will change and he doesn't,'" Shapiro says. "We bury a lot of the problems in the hopes that they'll just get better."

3. There is such a thing as compromising too much: "I think a lot of people try to be the ideal spouse, but sometimes it's at their own expense," he adds. "You wake up 10 years later thinking, 'I'm not me anymore.'"

SPORTS 4

Taylor leads Stamps past Esks on wild Labour Day

CFL. Calgary receiver scores winner late in Battle of Alberta

Larry Taylor caught a seven-yard touchdown pass from Kevin Glenn with 63 seconds remaining as the Calgary Stampeders edged the Edmonton Eskimos 31-30 in the annual Labour Day clash Monday.

Rookies Bo Levi Mitchell and Matt Walter had rushing touchdowns for the Stampeders (5-4), who had lost their previous two home games.

Glenn also threw a touchdown pass to Jon Cornish, Rene Paredes kicked a field goal, and Rob Maver booted a single.

Kerry Joseph and Joe Burnett scored touchdowns 43 seconds apart in the fourth quarter to put the Eskimos (5-4) up 30-25 with just over six minutes to play in the game, but the Edmonton defence couldn't shut down Taylor and the Calgary offence.

Filling in for injured starter Steven Jyles, Joseph plunged into the end zone for a one-yard score at 8:07 of the final frame. Burnett then picked off an errant pass by Glenn and ran it back 34 yards into the end zone to give the Eskimos a short-lived lead.

Stampeders receiver Larry Taylor celebrates scoring the winning touchdown on Monday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Monday's game

Stampeders	Eskimos
31	30

Joseph also tossed touchdown passes to Fred Stamps and Hugh Charles in the second quarter, while Grant Shaw kicked three singles.

On the last play of the game, Shaw attempted a 48-yard field goal into the wind, but the ball sailed wide to the left and Taylor ran it out of the end zone as time expired.

The same two teams won't have much time to rest as a rematch is set for Friday at Edmonton's Commonwealth Stadium.

The Stampeders appeared poised to score on their opening drive of the game before Nik Lewis fumbled the ball in Edmonton territory. Clint Kent recovered the ball for the Eskimos.

Five plays later, Burke Dales was tackled for a loss deep in Edmonton territory after he couldn't handle a low snap from Ryan King cleanly.

Calgary then opened the scoring when Mitchell plunged into the end zone for a one-yard touchdown at 8:17 of the first quarter.

THE CANADIAN PRESS

In Hamilton

Argos wait till late to top Tiger-Cats

Chad Owens was there when the Toronto Argonauts needed him the most Monday.

The speedy receiver amassed a club-record 402 combined yards to help Toronto rally for a thrilling 33-30 win over the Hamilton Tiger-Cats in the final Labour Day showdown at Ivor Wynne Stadium. Owens had two clutch receptions for 29 yards — including a one-handed, 18-yard grab — on the Argos' final possession that kept the fateful 51-yard, seven-play drive alive and allowed Swayze Waters to boot the winning 33-yard field goal with 26 seconds remaining.

THE CANADIAN PRESS

Argos receiver Chad Owens THE CANADIAN PRESS

Serena says 'double bagel' wasn't easy

Serena Williams returns a shot to Andrea Hlavackova during play at the U.S. Open on Monday in New York. JULIO CORTEZ/THE ASSOCIATED PRESS

Serena Williams didn't drop a game in advancing to the quarter-finals of the U.S. Open on Monday.

Williams beat 82nd-ranked Andrea Hlavackova 6-0, 6-0 in 57 minutes. It was the first time in 62 career victories at Flushing Meadows that the three-time U.S. Open champion enjoyed a "double bagel."

"She was fighting really hard," Williams said. "You give people any type of chance, especially in tennis. The match is never over until you shake hands. There is always a comeback available. So I didn't want to give her that opportunity — or anyone that opportunity — to try to come back, especially her in particular."

Hlavackova, a 2011 French Open doubles champion, had never been past the second round in singles at a major tournament before this year.

Williams will next face Ana Ivanovic, who is finally back in a Grand Slam quarter-final more than four years after her French Open title.

The 12th-seeded Serb beat Tsvetana Pironkova 6-0, 6-4.

THE ASSOCIATED PRESS

Fish pulls out vs. Federer

Roger Federer moved on after Mardy Fish pulled out of their fourth-round match Monday for precautionary reasons.

- Fish missed about two months this year with an accelerated heartbeat and had a medical procedure in May. His agent, John Tobias, said "we are not 100 per cent sure what the issue is and if it is related to his previous issues."

Mobile sports

With the regular season beginning on Wednesday, NFL officials are still locked out in labour dispute. Using replacement referees for the pre-season resulted in some embarrassing gaffes and the NFL has to be hoping they can continue to learn on the job. Scan the code for the story.

Golf

McIlroy rises to top at Deutsche Bank

Rory McIlroy overcame a three-shot deficit Monday in five holes to close with a 4-under 67 and escape with a one-shot win over Louis Oosthuizen at the Deutsche Bank Championship in Norton, Mass.

THE ASSOCIATED PRESS

MLB

Baltimore's Saunders shuts down Blue Jays

Left-hander Joe Saunders allowed three hits over 6 1/3 innings and J.J. Hardy drove in two runs as the Baltimore Orioles defeated the Toronto Blue Jays 4-0 on Monday. THE CANADIAN PRESS

Joe Saunders TORSTAR NEWS SERVICE

Horoscopes

♈ Aries
March 21 - April 20
Deal curtly with people who annoy you today. That is not an invitation to be rude but there is no law that says you have to be nice to everyone you meet, especially those who waste your time on trivial matters.

♉ Taurus
April 21 - May 21
You must stay on top of your workload, because if you let things slide you will find it hard to catch up again later on. If you can't do it all yourself then delegate more. Trust others to do a good job.

♊ Gemini
May 22 - June 21
Your efforts, both at home and at work, will pay off eventually but why does it take so long? Actually it doesn't. It's just that being a Gemini you tend to be impatient. Relax — it's all going according to plan.

♋ Cancer
June 22 - July 23
You are taking certain issues too seriously and need to realize that you are not the one to blame for someone else's problems. See to your own needs today. Focus only on what matters to you personally.

♌ Leo
July 24 - Aug. 23
Something will strike you as funny today but if you laugh too loud or too long others might get the impression that you are laughing at them. The best jokes are those during which you can all laugh together.

♍ Virgo
Aug. 24 - Sept. 23
Resist the temptation to get involved with a plan or project you really don't know that much about. Before the day is over you could be out of your depth and swimming in shark-infested waters!

♎ Libra
Sept. 24 - Oct. 23
A disagreement of some kind is likely but it will be over as quickly as it started, so don't take it too seriously. This may even be one of those situations where a bit of strife brings you closer together.

♏ Scorpio
Oct. 24 - Nov. 22
You are expecting far too much of yourself, which is an invitation to disappointment. You have absolutely nothing to prove, to yourself or to other people, so aim a bit lower and enjoy life a bit more.

♐ Sagittarius
Nov. 23 - Dec. 21
Everyone is born with a special talent and everyone has a destiny to fulfill. Once you realize that, you will be less likely to compare yourself to other people. Focus on your life's goal. You know what it is.

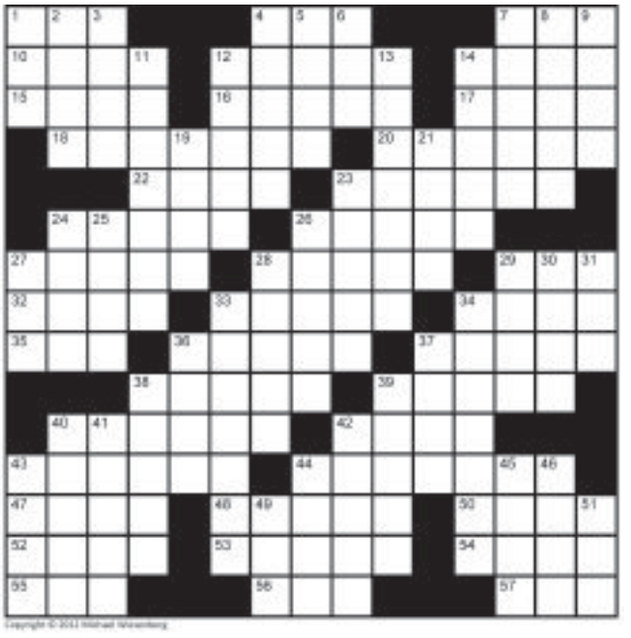
♑ Capricorn
Dec. 22 - Jan. 20
The planets will bring your leadership qualities to the forefront today and you will find that others rely on you to make the right decisions. Don't turn your back on them: They need you and you need them.

♒ Aquarius
Jan. 21 - Feb. 19
There are no barriers. There are no limits. Your life will always be what you want it to be. If you desire something enough, you will find a way to get it. It may take a little time but nothing is impossible.

♓ Pisces
Feb. 20 - March 20
At some stage today you will realize that most of the things you have been fearful about are not worth the time and the energy. Once you get over them, the sense of freedom you feel will be life changing.
SALLY BROMPTON

Crossword: Bits and Pieces

BY MICHAEL WIESENBERG



Across
1. Place to drink
4. ___ Beta Kappa
7. Ocean
10. Operatic solo
12. Insurance adjuster's investigation
14. Big moisturizing products name
15. Red ___: Alberta's third-most-populous city
16. Sound on a tuner
17. Bouquet holder
18. Canada's fourth-largest province
20. Beirut-born Canadian star of *The Matrix* series Keanu
22. Another word for margarine
23. Core groups of trained personnel
24. Elliott of *Ocean's 11, 12, 13*
26. Geometric functions
27. Mike ___: Scarborough, Ontario-born *Saturday Night Live* alumnus
28. Papal language
29. Many a CEO's deg.
32. Center of the eye
33. Stories
34. Ancient France
35. "You've Got Mail!" ISP
36. Tiny bits, from a Greek letter
37. Consume noisily, as soup
38. "No Right Turn ___" (2 wds.)
39. Windsor, Ontario-born singer Shania
40. Bay surrounded by Nunavut, Manitoba, Ontario, Québec
42. Bric-a-___: knickknacks
43. Largest monkey
44. Fries, cheese, and gravy dish
47. Not worth ___ (2 wds.)
48. 1,000 kg
50. "Electric" fishes
52. Have a primary role
53. How the hair of frightened comic book characters stands (2 wds.)
54. Valentine gift
55. Fri. follower
56. Wed. preceder
57. ___ Brunswick

Down
1. Evil
2. Specialty (in education, say)
3. A founder of Manitoba, and a political and spiritual leader of the Métis people
4. A dwarf planet, now
5. "Humpty Dumpty ___ great fall" (2 wds.)
6. 3 on a sundial
7. NWT's Great ___ Lake
8. Lets up
9. Affirmative votes
11. Leafy shelters
12. Gave a hoot
13. Toronto-born Rick of *Honey, I Shrunk the Kids*
14. Surpluses
19. House wings
21. Utopia
23. Gives a ticket
24. Greek deli specialty
25. Trompe l'___: fool-the-eye art
26. Greens
27. ___ Farrow: Woody Allen's ex
28. Grow dark
29. A Hawaiian island
30. Be in the sun too long
31. Jungfrau or Matterhorn, e.g.
33. Home of the Argonauts
34. Yukon mountain sight
36. Not ___ many words (2 wds.)
37. Attack mosquitoes
38. Smell
39. Brought into alignment
40. "___ la vista, baby!": Schwarzenegger
41. German sub
42. "___ nuit": "Good night"
43. Low voice
44. Tire: Fr.
45. ___ sign: advertising medium
46. Other
49. Québec neighbour: abbr.
51. Use needle and thread

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7				1		3	9	
	4		6	8		7		
					5			
	7	9				2		5
1								6
6		2				4	1	
			1					
		7		9	4		8	
	1	8		3				4

Friday's Sudoku

Sharability

easy — hard

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